



# Basic Meatloaf

Shine 365  
Marshfield Clinic

PREP TIME: 30 minutes • TOTAL TIME: 1 hour 30 minutes • SERVINGS: 10

## INGREDIENTS

- 1 large onion, cut into 2-inch pieces
- 1 large green bell pepper, cut into 2-inches pieces
- 2 large stalks celery, cut into 2-inch pieces
- 1 tablespoon extra-virgin olive oil or canola oil
- 5 tablespoons ketchup, divided
- 2 tablespoons Worcestershire sauce
- 1 tablespoon whole-grain mustard
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 large egg, lightly beaten
- ¾ cup, dry whole-wheat breadcrumbs (See Tip)
- 2 pounds lean (90% or leaner) ground beef

## INSTRUCTIONS

Preheat oven to 375F. Coat a large rimmed baking sheet with cooking spray (or see loaf pan variation).

Pulse onion, bell pepper and celery in a food processor until finely chopped, or finely chop them with a knife.

Heat oil in a large nonstick skillet over medium-high heat. Add the vegetables and cook, stirring occasionally, until tender and most of the liquid has evaporated, 5 to 10 minutes. Transfer to a large bowl and let cool for 10 minutes.

Add 2 tablespoons ketchup, Worcestershire, mustard, paprika, garlic powder, salt and pepper to the vegetables; stir to combine. Stir in egg and breadcrumbs. Add ground beef and with clean hands gently knead the vegetable mixture into the meat; do not overmix. Pat the meat mixture into a loaf shape (about 12 by 5 inches) on the prepared baking sheet. Spread the remaining 3 tablespoons ketchup on top.

Bake the meatloaf until an instant-read thermometer inserted in the center registers 165°F, about 45 minutes. Let rest for 10 minutes before slicing.

Tip: To make your own fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. To make fine breadcrumbs, process until very fine. To make dry breadcrumbs, spread coarse or fine breadcrumbs on a baking sheet and bake at 250 F until dry, about 10 to 15 minutes. One slice of bread makes about ½ cup fresh breadcrumbs or about ⅓ cup dry breadcrumbs.

Loaf pan variation: If you want a more uniform-shaped loaf you can bake your meatloaf in a 9-by-5-inch loaf pan instead of on a baking sheet. Coat the pan with cooking spray, pat the meatloaf mixture into the pan and cover with the topping. Bake for about 1 hour. Let stand for 10 minutes in the pan before slicing.

## NUTRITION INFORMATION

Each serving contains about 209 calories; 12g fat; 7g carbohydrates; 20g protein; 200mg sodium; 4g sugar.



# Healthy Mashed Potatoes

Shine 365  
Marshfield Clinic

PREP TIME: 20 minutes • COOK TIME: 35 minutes • SERVINGS: 6

## INGREDIENTS

- 2 to 4 garlic cloves
- 2 pounds potatoes, quartered (Try Yukon Golds, which have a naturally buttery taste that's just right in mashed potatoes.)
- 1/3 cup light sour cream
- 1/4 cup fat-free milk
- 1 tablespoon snipped fresh oregano, rosemary or thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

## INSTRUCTIONS

To roast garlic, wrap unpeeled cloves in foil. Bake in a 400-degree oven 25 to 35 minutes or until cloves feel soft when pressed. When cool enough to handle, squeeze garlic from peels into a small bowl.

Meanwhile, put potatoes in a large saucepan with enough cold water to cover. Bring to a boil over high heat. Lower heat to maintain a simmer and cook until tender, about 20 minutes. Drain potatoes; return to saucepan.

Mash potatoes and softened garlic with a potato masher or an electric mixer on low speed. Add sour cream, milk, oregano, rosemary or thyme salt and black pepper. Beat until light and fluffy.

Note: Reduce or skip the salt to lower the sodium in this dish.

## NUTRITION INFORMATION

Each 2/3-cup serving contains about: 156 calories; 4g protein; 34g carbohydrates; 1g fat (1g saturated); 2g fiber.